

Happy Father's Day



HAWAII MEALS ON WHEELS

Client Information Bulletin

June 2015



CANCELLING MEALS

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

Your contributions enable us to continue serving nutritious meals to you and enable you to have personal contact with our wonderful volunteers each day.

Our average cost per meal is \$12.10 to have each meal produced and delivered. This includes food and administrative costs, which total the amount needed to insure we have hot, healthy home-delivered meals.

Our client contribution requests to you are \$5.00. Please kokua if you can!

HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:

King Kamehameha I Day – Thursday, June 11, 2015

Independence Day – Friday July 3, 2015

Statehood Day – Friday, August 21, 2015

If you **RECEIVE** meals on these days and **DO NOT** want them delivered, **PLEASE** notify our office as soon as possible.

Disaster Preparedness for Seniors

With another hurricane season beginning this month, here are a few common sense measures you can take to prepare for an emergency before it happens:

Create a network of neighbors, relatives, and friends to aid you in an emergency. If you anticipate needing assistance during a disaster, talk to your family, friends and others who will be part of your personal support network. Make sure everyone knows how you plan to evacuate your home and where you will go in case of a disaster. Make sure that someone in your network has an extra key to your home and knows where you keep emergency supplies.

If you take medicine on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer. Keep written copies of your prescriptions, over-the-counter medications and orders for medical equipment, including dosage, treatment and allergy information in your emergency kit. Also consider keeping electronic copies of this information on a flash drive. This could be useful for others even if you don't use a computer often. If you are able to obtain an emergency supply of prescription medications or consumable medical supplies, be sure to establish a plan for rotating your supply so it remains up-to-date.

ANTI-INFLAMMATORY FOODS

By: Dash Holland, Sodexo Dietetic Intern

Do you have arthritis, cardiovascular disease, high blood pressure or just desire overall good health? Eating foods that decrease inflammation may help!

Plant-based foods contain phytochemicals (natural chemicals) that can reduce inflammation. Dark leafy vegetables are a great source of these! Try: Spinach, Kale or Broccoli



Minimize saturated fats typically found in processed meats (canned meats, hot dogs, bacon). Eat lower fat dairy products (milk, cheese and yogurt). Try: Lean Beef, Chicken, Turkey, Pork



Add spices for flavor! Many contain natural chemicals that reduce inflammation. Try: Turmeric, Ginger, Cinnamon, Garlic, Cayenne, Black Pepper

Eat foods high in Omega 3 fatty acids. These can counteract other pro-inflammatory foods. Try: Salmon, Tuna, Oysters, Walnuts or Fish Oil Supplements.



Minimize refined grains when possible like pasta, white bread and white rice. Try: Brown Rice, Whole Wheat Pasta, Quinoa or even Fresh Corn on the Cobb!